

New England Zone All-Star Team Long Course 2007

Recommended items to pack

- A small cooler with your favorite healthy swim meet snacks and drinks.
 - Swimmers should plan to have enough healthy food for snacks each day. New England Swimming provides three meals, buffet style each day. Athletes will not be able to choose their own menus and will be asked to eat the team meal. Each swimmer will need snack food, such as powerbars, granola bars, fruits and veggies, bagels to eat after napping and before returning to the pool for finals. Additionally, New England Swimming will not provide sports beverages. Each swimmer must bring their favorite Gatorade drinks.
 - DO NOT pack unhealthy food like chips, candy, cookies or soda. These will not help you perform your best.
- Several (4) towels, several (3) pairs of goggles, an extra suit (with NO team logo) and any swimming equipment that you want for warm-up and warm-down.
 - DO NOT plan to wear any of your home team apparel that contains your home team logo.
 - We are the New England Zone Team and you will be wearing ONLY the New England Team suit, cap, T-shirt, jacket and shorts while at the swim meet and on deck. You are NOT permitted to wear any of your home team gear while on the trip.
- Your favorite pillow and a sleeping bag for the BEST night's sleep.
 - Remember that ALL New England swimmers will be sharing a bed with another New England teammate
- A book, a deck of cards or any other items you like to have for quiet time.
 - DO NOT bring your most expensive CD player and your entire CD collection. You would not want to lose these items in Buffalo.
 - Use judgment if choosing to bring your iPod. iPods are easily stolen out of hotel rooms and out of swim bags.
- A small amount (\$50.00 or so) of spending money for meals (2) on the road.
- Any DVD/ video cassette movies (for the bus ride) that are appropriate for 11 and older swimmers.
- Your team spirit and your enthusiasm to RACE your best!! GO NEW ENGLAND!!